



Days until the kick off to the Eifel Reunion 2005: 7

Visit www.spangdahlem.af.mil and click on "Eifel Reunion 2005" for more information.

News Briefs

Cruise seats available

Eifel Reunion project officers have reduced the cost for the Mosel River Cruise September 17th from \$40 per person to \$15 per person. All of Team Eifel are invited to join the returning Spangdahlem and Bitburg Air Base alumni on the cruise. Transportation leaves Spangdahlem Air Base at 10 a.m. September 17 and heads to Traben-Trarbach where the cruise will begin. The \$15 fee includes transportation to and from the cruise locations, the cruise and snacks on the cruise. Sabers interested in participating in the cruise should visit www.spangdahlem.af.mil and select the Eifel Reunion link. There, select and fill out the online registration form. Direct questions about the Eifel Reunion Mosel Boat Cruise to Capt. Eric Schomburg at 452-6121.

AF Ball tickets reduced

The Air Force Ball takes place Sept. 17 from 6-10 p.m. in Hangar 1. Prices have been reduced due to a donation from the Host Nation Council. The new prices are as follows: E-1 to E-4, \$7.75; E-5 to E-7, \$12; and E-8 and above, \$17. For ticket sales, call the following group representatives: Bitburg Annex 52nd MDG, Capt. Pamela Stewart at 452-3192; Spangdahlem AB 52nd MDG, Capt. Deborah Givens at 452-3456; 52nd OG, 2nd Lt. Fernando Defillo at 452-6471; 52nd MXG, 1st Lt. Becky Wunschel at 452-4122 or Capt. Martha Sasnett at 452-4021; 52nd MSG, 1st Lt. David Leahy at 452-6123; and 52nd FW Staff Agencies, Capt. Shanna Corbett at 452-4109.

Flightline driving briefings

Flightline driving briefings covering new procedures related to the Rhein-Main Transition Program construction project will be held Tuesday and Thursday from 8-9 a.m. and 3-4 p.m. in the Spangdahlem AB theater. The briefings are mandatory for all people certified to drive on the flightline.

Housing office closure

The Spangdahlem AB Housing Office is closed for an official function Sept. 16. Regular hours will resume Sept. 19. For more information, call 452-7944.

Get medieval

Summer ends, but castles are here to stay.

Read "Local, historical monuments open to public this weekend," on Page 7.



RESCON
Watch

BRAVO

1-2 DUIs in the Last 30 Days

Days since last DUI: 12

**Rank of last DUI: technical sergeant
Squadron of last DUI: 52nd EMS**

Large unit with best record: 52nd Communications Squadron, 162 days
Small units with best record: 52nd Medical Support Squadron, 52nd Dental Squadron and 52nd Contracting Squadron: No DUIs

Data Courtesy of the 52nd SFS

When going out, have a plan or call Airmen Against Drunk Driving at 06565-61-2233.

FOD for thought



About 250 people from the 726th Air Mobility Squadron and the 52nd Mission Support Group conducted a foreign object debris sweep of the new Rhein Main Transition Program facilities and ramp area here Wednesday. Airmen cleared the new ramp area of FOD to ensure the safe introduction of airlift aircraft at Spangdahlem AB in coming weeks.

Capt. Michael Cumberworth

NCO's family suffers in hurricane; Spang Airmen aid those affected

By Senior Airman Amaani Lyle
52nd Fighter Wing Public Affairs Office

Nineteen years of growing up around the capricious hurricanes of Pascagoula, Miss., kept a staff sergeant here relatively calm upon hearing the news that a surge in the Gulf of Mexico was on the way.

But the reality of Hurricane Katrina's wrath soon set in. Following the devastation and displacement of thousands of hapless victims since the Aug. 29 catastrophic event, Staff Sgt. Jamie Bosarge said she never felt more helplessly trying to save her family from peril. With more than 4,000 miles of Atlantic Ocean separating the servicemember from her relatives, Sergeant Bosarge recalled that each of the eight days without communication seemed like an eternity.

"That first week with no communication has been the hardest," the 52nd Communications Squadron network training center instructor NCOIC said. "I literally didn't know if my family was dead or alive."

By the time Sergeant Bosarge became aware of the disaster's magnitude, the day-long cataclysm had already ravaged parts of Louisiana, Alabama, and her hometown of Pascagoula, located on the easternmost tip of the state about 20 minutes away from Biloxi, Miss.

"When I finally heard from my mother, we spent most of the conversation crying," Sergeant Bosarge said, stifling tears.

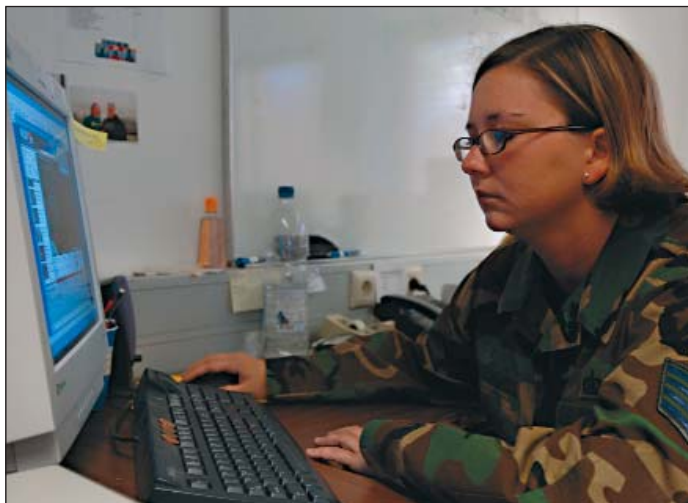
"My entire family is from the coast and most of them lost everything -- but my mom still calls herself lucky," the NCO said. "Our house sustained damage, but is one of the only habitable ones in our family right now," she said.

Sergeant Bosarge said their family's swimming pool, of all things, has helped to keep them and now at least six other relatives -- grandparents, aunts, uncles and children -- alive.

"They've been able to boil the pool water for bathing and drinking," she said. "Food and water are very much limited and electricity will be out in some areas for months."

More than a dozen wing members here have family members who resided in the affected areas, and all have been in touch with at least one of their relatives, said Sue Perron of the Spangdahlem Air Base American Red Cross.

"We're trying to get more answers -- but the objective right now is to just keep everyone alive and well," she said. "Some



Senior Airman Amaani Lyle

Staff Sgt. Jamie Bosarge, 52nd Communications Squadron network training instructor NCOIC, views images of her hometown by way of the Internet. Sergeant Bosarge said most of the main areas of her city were destroyed by the hurricane and subsequent floods. Her parents said they do not want to relocate, but would opt to rebuild in the area.

parts of the affected area are still under about 20 feet of water."

Many of those left alive must now figure out how to continue making a living.

"The casinos and shipyards are the primary source of income for coastal families, and now most of those businesses are gone," Sergeant Bosarge said.

Her father, a shipyard worker of more than 30 years and the primary breadwinner for her family, must now find new employment to sustain their household.

"My father was one of many residents who depended on the shipyard industry, and now, I'm not sure what he'll do," the NCO said. "I wanted to go home immediately to help, but my mother told me to stay. She said she felt better knowing that I was safe in Germany."

Non-perishable foods and boiled water keep her family alive, but Sergeant Bosarge said hope, faith, and, surprisingly, a sense of humor is sustaining their family's resilient spirit.

Katrina

Continued from Page 1

"My parents are really trying to make the best of things right now," she said. "One of our family members recently had a birthday, and my mom baked a cake with emergency candles on it."

Sergeant Bosarge added that her mother also received an unseemly piece of mail. A water bill made its way through the postal system to her mother's home, now surrounded by lapping, seeping water and bereft of utilities.

"My mom just laughed and said, 'What are they going to do, turn the water off if I don't pay?'"

Sergeant Bosarge said the promise of a life returned to normal cannot entirely buffer the feelings of loss.

"I can't even begin to imagine what to expect when I go back home."

Answering the calls for assistance from affected areas, Spangdahlem AB Airmen have banded together to offer donations for flood victims in need of food, water, clothing and shelter.

Senior Airman Edward Perez, 52nd CS Airman's Council member, helped assemble a slideshow and coordinated a donation fund at a local bank so that wing members could financially assist the American Red Cross's relief efforts. The ARC has described this as the largest relief effort in the organization's history.

"I saw so many people crying out for help on television -- I just couldn't believe this was happening in our country," Airman Perez said. "I've walked on some of the very same streets that are destroyed now."

Enlisted and officers in a variety of Air Force specialties

attend two- to 12-month technical training classes at Keesler Air Force Base, Miss., so even though they may not have family members there, Airman Perez said seeing the devastation still hit close to home for many Airmen.

"Seeing Keesler AFB was like seeing some sort of movie where the end of the world had come," he said. "I wondered about civilian friends I had made there and about how the military members were going to continue life after such a devastating blow."

Though the U.S. military is participating in an unprecedented on-site relief effort, Katrina's aftermath spurred Airman Perez into action to make a positive change locally. He and another Airman walked around the base, office to office, for hours with a jar to make in-person collections for the fund. Airman Perez said within two hours he and his colleague gathered more than \$1,000.

"I hope everyone gets the same feeling I got," the Airman said. "I really think America is the most loving and caring country in the world ... and now is the time for us to demonstrate that."

Sergeant Bosarge said she appreciates the generosity and compassion that so many wing members have already shown her.

"People have stopped me to offer money or any kind of assistance for my family," she said. "The support has been wonderful."

The way ahead for the Bosarge family will be challenging, but not without hope.

"Eventually my family will have to rebuild and relocate, but they were like many families in the area -- unwilling to leave,"



Courtesy photo

Sergeant Bosarge poses with her parents, Evelyn and Brent Knowles, at an amusement park in Pascagoula, Miss., in June. Communication with her family is now very difficult due to downed phone lines and limited Internet access.

she said. "Unfortunately, this decision cost many people their lives."

The NCO said she is ultimately thankful her family remains alive to start anew some day.

"My family lost almost everything, but they're still alive and they still have each other."

How Sabers can help hurricane victims

AFAS fund

Many members of our Air Force family are expressing a desire to assist those at Keesler AFB, Miss., who have lost, in some cases, all of their personal possessions as a result of Hurricane Katrina.

The Air Force Aid Society has established a nationwide relief fund to help those Air Force families affected by the hurricane.

Donations to the AFAS Hurricane Relief Fund will be accepted directly from individuals, corporations and organizations, both military and civilian. Monetary contributions may be made by check or credit card.

Credit card donations may be made by calling 1-800-769-8951 or 1-703-607-3073, or by a secure online credit card form located on the Air Force Aid Society Web site: www.afas.org.

Checks should be made out to the Air Force Aid Society and reference the hurricane relief fund. AFAS will provide confirmation of receipt of the donation and information about the donation being tax deductible.

Community Bank fund

The 52nd Communications Squadron Airman's Council has set up an account at Community Bank to support relief efforts underway by the Red Cross. Visit a Community Bank and deposit money into the "Hurricane Katrina Relief Fund," account number 3681018560. For more information, including allotment details, call Senior Airman Edward Perez at 452-7795.

Finding loved ones

There are a number of resources to consult pertaining to the possible whereabouts of loved ones affected by the disaster.

- ♦ The Louisiana State Police has a listing of shelters and contact information for those who may have registered there at www.lsp.org/evacguide

- ♦ The Biloxi Herald newspaper has set up a number for families to call and report themselves as being okay at 1-866-453-1925. In Jackson County, Miss., family members may call 228-769-3107 to check on families that live in the county.

- ♦ CNN provides a list of general information by state by visiting www.cnn.com/2005/US/08/30/katrina.advice.us/index.html

- ♦ Next of kin registry, International Emergency Contact System, a registry of missing people, can be found at www.nokr.org/.

SCU fund

Service Credit Union is accepting donations through Oct. 15. Donations made will be matched by SCU. SCU will contribute up to \$300,000 to the hurricane relief effort. Donations may be made by visiting local branch offices, calling the Contact Center at: 800-936-7730, or by visiting www.servicecu.org.

ARC tips

Being prepared for emergencies is crucial at home, school, work and in communities. Disaster can strike quickly and without warning. It can force people to evacuate

their neighborhoods, workplaces or schools or can confine people to their homes.

The American Red Cross asks people to consider what they would do if basic services -- water, gas, electricity or telephones -- were cut off.

Local officials and relief workers will be on the scene after a disaster, but they cannot reach everyone right away. The best way people can make themselves and their families safer is to be prepared before disaster strikes.

September is National Preparedness Month, a joint initiative between the Department of Homeland Security and the ARC.

Make a family communications plan that includes an evacuation plan and coordinates with school, work and community communication plans. Practice this plan with the entire family. Build a disaster supplies kit that includes enough supplies for each family member for three days.

Remember to check the kit every six months. For more information, visit the ARC Web site at www.redcross.org.

Who to call

The following agencies can help Airmen with friends or family in the affected area cope.

52nd Fighter Wing Chaplain Services: 452-6711
Life Skills: 452-8285
Spangdahlem AB Family Support Center: 452-6422

Team Eifel stays at RESCON Bravo; crashes occur

By Iain Lotan

52nd Security Forces Squadron

Team Eifel experienced three major crashes and 13 minor collisions over the past week.

The first major crash occurred on base near building 64. As one vehicle pulled out of the recycling center, another vehicle rounded a corner and collided with the first vehicle. Investigation revealed one driver was speeding and the other driver failed to yield the right-of-way. There were no injuries, but both vehicles sustained disabling damage.

The second major accident occurred on B-50 near Albachmuhle. A captain was stopped while waiting for the vehicle in front of her to make a left turn when she was rear-ended by a civilian. German Police cited the civilian driver for inattentive driving. The captain received minor injuries and was treated at the Bitburg Annex emergency room. The civilian's car received disabling damage and was towed from the scene.

The last major accident occurred in Speicher and involved a military member's car and a local national's motorcycle. The cause of the accident is unknown at this time. The occupants of the military member's car were transported to the emergency room for medical treatment.

Team Eifel members were involved in 13 minor collisions: one from speeding, one in a parking lot, one from improper backing, five from inattentive driving, three from wildlife and two failures to yield the right-of-way.





Staff Sgt. Lindsay Fox

Top Saber Performer

Name: Staff Sgt. Andrew Wilson
Unit: 52nd Civil Engineer Squadron
Duty title: Dormitory manager
Hometown: Syracuse, Utah
Years in service: Four
Nominee's contributions to 52nd Fighter Wing mission success: Sergeant Wilson ensures dorm quality-of-life expectations for the wing's unaccompanied Airmen, directly involving U.S. Air Forces in Europe headquarters' attention. Sergeant Wilson enabled the wing to receive more than \$50,000 for facility improvements. He maintained the unfunded requirements listing by advocating needs at weekly wing improvement center meetings and managed a budget valued in excess of \$300,000. Under the QoL program, he secured more than \$89,000 in building modifications and replacement items such

as renovated kitchens, ceiling and floor tiles and patio furniture for dorm residents. He submits and monitors large purchase requests and various work orders for improvements, repairs and routine maintenance for more than 844 rooms. As the dorm reception centers liaison, Sergeant Wilson displays a keen insight in the management of facilities along with the safety, morale and meeting standards for Airmen living in the dormitories.

Off-duty volunteerism and professional development pursuits: Sergeant Wilson volunteers his spare time to Airmen Against Drunk Driving, American Red Cross and various other organizations. He recently assisted the 606th Air Control Squadron in the NATO Operations Assessment as an aggressor and moulage patient. He is currently pursuing his bachelor's degree in network and communications management, attending school full time.

What do you do for fun? I enjoy traveling and exploring Europe, hiking, biking, camping and going to the gym.

What do you like most about being stationed here? I like being in the middle of Europe. The opportunities are endless and there's always something to do.

What's one thing you'd like to see changed or improved at Spangdahlem Air Base? A new gym would be the one thing I'd like to see before moving on to my next base.



Senior Airman Eydie Sakura

Commander's Mentorship Program

Capt. Dave Jones, 23rd Fighter Squadron director of operations, discusses the wing's plans and missions with Col. Dave Goldfein, 52nd Fighter Wing commander, last month. The captain chats with the commander as part of the **Commander's Mentorship Program**, in which the commander spends a dedicated block of time with a selected enlisted person or officer. A Richmond, Va., native with four-years of Air Force experience, Captain Jones cites his recent chance to compete for the 23rd FS at "Excalibur" as a noteworthy accomplishment during his 13 months at Spangdahlem Air Base.

Eifel Salutes

52nd Mission Support Group

It was "two degrees of appreciation" for **Timothy Fitzgibbon**, who recently helped a master sergeant close the loops in acquiring his two Community College of the Air Force degrees. A distinguished gentleman is **Staff Sgt. Craig Robinson** of the 52nd Security Forces Squadron -- he was a double award winner in the Pitsenberger Airman Leadership School class 05-7. Not only was he recognized as a Distinguished Graduate, but he pinned on his current rank at the graduation banquet Aug. 31.

52nd Maintenance Group

Setting the Saber standard are the loading standardization crews -- the main policy-makers for weapons loading here. **Tech. Sgts. Rich Lewis, Dana Sawyer, Mike Robinson, Tom Landenberg, Kirk Staadt, Kurt Klaiber** and academics instructor **Staff Sgt. Kris Kiger** train and evaluate 42 wing-assigned weapons load crews on a daily basis. Weapons load training is essential to the war-fighting machine of NATO, U.S. Air Forces in Europe and the Air Force. These troops are constantly ready to project superior combat power on a moment's notice. Not bad, bad, Sergeant Brown ... **Tech. Sgt. Jeff Brown** completely overhauled the conventional munitions training plan and delivered an outstanding five-day hands-on training class to 10 students. We're



going to harp on this salute ... the precision guided missile shop is on-target! **Airman Byron Harps** received a U.S. Air Forces in Europe coin for his outstanding support during Sure Fire 2005.

52nd Medical Group

Special delivery ... **Senior Airman Callie Ashlock** put her obstetric skills to the test for a surprise delivery this week. Her skills were invaluable in stabilizing a newborn infant. No "kidding" ... **Airman 1st Class Jamashia Pettigrew** donates time to her local community church and watches four children during a bible study twice a month. Brace yourself: **Capt. Brian Penton** and his assistant **Birgit Thoemmes** performed an outstanding and painless procedure in removing an *Eifel Times* staffer's braces and hooking her up with a retainer.

CDC stars

The following individuals earned scores of 90 percent or higher on their career development course examinations. **Marc Schumacher**, 52nd Civil Engineer Squadron, 96. **Airman 1st Class Grayson Morales**, 52nd Equipment Maintenance Squadron, 90.

Kudos to all; Team Eifel salutes you!

(Compiled by Senior Airman Amaani Lyle, 52nd Fighter Wing Public Affairs Office)



Staff Sgt. Lindsay Fox

Top Saber Team

Unit name: 52nd Civil Engineer Squadron Unaccompanied Housing Flight

A brief description of unit responsibilities: The team coordinates quarters assignment and termination processes for 10 dormitories, totaling 844 rooms. These Sabers monitor the safety and morale for all troops assigned to dormitories. They closely interact with unit first sergeants, squadron commanders and the wing command chief master sergeant on dorm quality-of-life issues. The team maintains the Air Force occupancy rate by monitoring inbound and outbound personnel rosters for predictability. The Sabers ensure that unit and group integrity is maintained.

Number of members: 11. Not pictured are: Tech. Sgts. Ronnie Evans and John Walk
How does the team fit into the 52nd Fighter Wing's mission? The flight manages all operations of the 52nd Fighter Wing unaccompanied housing program valued at \$90 million. The team executes a \$200,000 yearly budget and controls a \$2.7 million furnishing inventory. Each dorm manager serves as a mentor, motivating Airmen by helping develop and instill military attitudes and social skills required for improving customs and courtesies and interpersonal relationships. The team implements programs and policies in accordance with wing, major command and Air Force directives governing occupancy standards.

Team's other contributions through the year: The flight has met AF occupancy standards for the past five years. They exceeded QoL initiatives by procuring more than \$120,000 of needed items pertaining to the way Airmen live -- dayroom furniture, picnic tables, ceiling and floor tiles, desk chairs for each room -- just to name a few. The flight aggressively managed requirements for receipt of the Rhein-Main Transition Program by validating unit integrity without interruption. The establishment of dorm council membership allows wing Airmen to have a major impact on how they live.

Patriot's Day ceremony reflects on sacrifices

By Staff Sgt. Jennifer Lindsey
52nd Fighter Wing Public Affairs Office

As wing members gear up for their air expeditionary deployment to Southwest Asia and other points on the map, Sabers will take a moment to reflect on why military members are called to don the desert camouflage uniform.

A Patriot's Day ceremony begins today at 3:30 p.m. on Spangdahlem Air Base, building 23 parade grounds, where Sabers, local mayors and other distinguished guests will gather to honor those who lost their lives in the Sept. 11, 2001, terrorist attacks and the Global War on Terrorism.

The event features a 21-gun salute, a bagpipe hymn, a firefighter bell ring, and the playing of Taps -- a combination of some of the nation's highest honors. The 21-gun salute became the highest honor a nation rendered in 1875. The bugler who will play Taps and the

bagpipers who will play Amazing Grace are members of Team Eifel.

The ceremony concludes with the ringing of the fire protection flight's bell. The action signifies the firefighter's "return home" and is dedicated to those who died in service in the Sept. 11 attacks and the fight against terrorism.

Additionally, the ceremony is a show of appreciation for the support the local German civilian and military community gave and continues to give following the Sept. 11 attacks, said Tech. Sgt. Evelyn Serafica, event coordinator from 52nd Aerospace Medicine Squadron expeditionary medical operations.

The ceremony isn't just for military members. The fight against terrorism continues -- that's why wing members, mothers and fathers, are getting ready to deploy.

— Tech. Sgt. Lorena Woolard,
52nd Aerospace Medicine Squadron
bioenvironmental engineer flight chief

"[Following the attacks in 2001] churches held special services, hundreds of flowers were placed at the base entrances, the police helped us direct traffic as needed and school students sent us hundreds of

cards and letters sharing their support and sympathy," said Connie Pitsch, 52nd Fighter Wing Community Relations specialist. Even today members of the German Bundeswehr, or military forces, continue to safeguard Spangdahlem Air Base entrances.

Event coordinators extend a special invite to Team Eifel's civilian employees, military spouses and children.

"The ceremony isn't just for military members. The fight against terrorism continues -- that's why wing members, mothers and fathers, are getting ready to deploy. The bombings in Spain and recently in London are clear reminders that the war continues," said Tech. Sgt. Lorena Woolard, event coordinator and 52nd AMDS Bioenvironmental Engineer Flight chief. "It's important that we don't forget all those who have lost their lives in the war on terrorism and why we continue to serve such a high operations tempo and deployments demand."

In short

What: Patriot's Day Ceremony

When: Today at 3:30 p.m.

Where: 52nd Fighter Wing Headquarters building 23

All Team Eifel encouraged to attend

Function type determines proper government source for multimedia products

By Capt. Aaron Gibson

52nd Communications Squadron Support Systems Flight Commander

Sabers recently named as the point of contact for a special event and requiring printed programs can tap into the 52nd Communications Squadron to meet their multimedia needs.

There are a few things to keep in mind before coming to the Base Multimedia Center or the Defense Automated Printing Service with printing requests.

First, the Air Force restricts multimedia support to events directly supporting managerial, operational, training, educational, historical archiving, investigative or administrative purposes. The use of government-funded multimedia resources is limited. They cannot be used to provide souvenirs, personal gifts, mementos or going away gifts; document farewell parties or social events unless considered noteworthy or having historical significance by the base commander; or to create products used primarily for entertainment during farewell parties or social events. In short, if it supports the wing mission, appropriated funds may be used for procurement of multimedia products.

Furthermore, Spangdahlem Supplement to AFI 33-117, Multimedia Management, states that the multimedia

center is restricted from providing more than 10 copies of graphic arts products. This includes photographs, programs, invitations and poster or story boards. Spangdahlem Air Base's Multimedia Center also provides limited video support for certain events; however, due to the high demand and cost for video tapes we request the customer provide the tapes for the final product.

The Defense Automated Printing Service at Ramstein Air Base serves as an originator of video, photo and graphics imagery or large volume printing. Call Defense Automated Printing Service Ramstein at DSN 480-7891 or visit <https://www.europe.daps.dla.mil> for more information on the services this branch offers.

Appropriated funds may be used for printing larger volumes for change of command ceremonies, but only for wing and group commanders. Programs and invitations may be purchased through defense printing offices with government purchase cards for the purpose of squadron changes of command, retirements or promotion ceremonies, but printing at the squadron level must be completed using a workstation computer.

For more information, call the 52nd CS Multimedia Center at 452-6555.

DoD approves anti-spyware tool for personal computers

By Senior Airman Pei-Chiel Boster

52nd Communications Squadron

The term spyware typically refers to software that secretly installs onto a user's system to track Web surfing habits, hijack the web browsers or log keystrokes to steal personal information.

Spyware differs from viruses and worms because it does not usually self-replicate. Like many recent viruses, spyware is designed to exploit infected computers for commercial gain. Typical tactics furthering this goal include delivery of unsolicited pop-up advertisements, theft of personal information including financial information such as credit card numbers, monitoring of Web-browsing activity for marketing purposes, or routing of HTTP requests to advertising sites.

The rapid increase of spyware slipping into personal computers from a multitude of sources has prompted the Defense Information Systems Agency to release a spyware tool for home use by Department of Defense members. The DoD anti-spyware software license agreement with Science Applications International Corporation and Computer Associates allows active DoD employees to use this anti-spyware software on their home computers. Home use of the products will not only protect personal computers, but will also potentially lessen the threat of employees bringing malicious logic into work and compromising DoD networks.

The software can be downloaded and burned to a CD from a government comput-

er from <https://iase.disa.mil/sdep/>, with key code J1RTY-EXXXH-XJ1GL-RGRCI.

However, there are rules to be followed:

- ♦ This software is not authorized for use on DoD networks, and may in fact cause installation difficulties if it is running on systems where the corporate edition of the DoD anti-spyware software is being deployed.

- ♦ Contractors are excluded from using the software at home or on any other systems that do not belong to the DoD.

- ♦ Accessing the software from the Information Assurance Support Environment site is restricted to users originating from a ".mil" domain.

- ♦ The software will have to be downloaded using a system that is part of a ".mil" domain, burned to a compact disc and taken home to be installed on personal computers.

- ♦ People are not permitted to download the software if their domain is other than .mil. Additionally, this software will only run on a Microsoft Windows based platform.

- ♦ Users must delete the software from the hard drive of their U.S. Air Forces in Europe Network connected personal computer after they have burned it to a compact disc. Again, people should not run this version of software on USAFE network connected systems.

For more information, consult your unit systems administrator.

*See the 52nd Fighter Wing's very own
Airman 1st Class Beverly Sadural perform
with the Air Force's
Tops in Blue*

Sept. 22 at 7 p.m.

Free, in the Spangdahlem AB fitness center



Col. Dave Goldfein.....Commander
Capt. Thomas Crosson.....Public affairs chief
Capt. Mike Cumberworth.....PA deputy
Tech. Sgt. Pamela Anderson.....PA NCOIC
Senior Airman Amaani Lyle.....Editor
Senior Airman Eydie Sakura.....Staff writer
Iris Reiff.....Leisure writer

Published by
Verlag & Druck
Wittich KG, a pri-
vate firm in no
way connected
with the U.S. Air
Force, under
exclusive written
contract with the
52nd Fighter Wing. This commercial
enterprise newspaper is an authorized
publication for members of the U.S. mil-
itary services overseas. Contents of
the Eifel Times are not necessarily the
official views of, or endorsed by, the
U.S. Government, the Department of
Defense or the Department of the Air
Force.

The appearance of advertising in
this publication, including inserts or sup-
plements, does not constitute endorse-
ment by the Department of Defense,
the Department of the Air Force or
Verlag & Druck Wittich KG of the prod-
ucts or services advertised.

Everything advertised in this publi-
cation shall be made available for pur-
chase, use, or patronage without regard
to race, color, religion, sex, national ori-
gin, age, marital status, physical handi-
cap, political affiliation or any other non-
merit factor of the purchaser, user or
patron.

Editorial content is edited, pre-
pared, and provided by the 52nd
Fighter Wing Public Affairs Office staff.
All photographs are U.S. Air Force pho-
tographs unless otherwise indicated.

Accessing Direct Line

The Direct Line program is a
way to get answers to questions
you still have after using your
chain of command.

Direct Lines of general interest
will be published in the *Eifel
Times* and may be edited or
paraphrased for brevity or clarity.
Submit your Direct Line via:

■ DirectLine@spangdahlem.
af.mil

■ Mailed to 52nd FW/PA,
Unit 3680 Box 220, APO AE
09126

■ To PA in building 23.

■ Concerns may also be sent
via fax to 452-5254.

Anonymous inputs are
accepted. To receive a personal
response you must include your
name and phone number. Call the
Eifel Times at 452-5244 for more
information.



Col. Dave Goldfein

September
Sortie
Scoreboard

Aircraft	Goal	Flown	Delta
22FS	347	88	+21
23FS	343	48	+2
81FS	243	54	+16

*Delta is contract vs. sorties flown to date.

Through Sept. 6

Courtesy of the
52nd Operations Support Squadron
Plans and Scheduling Section

Viewpoint

Sept. 9, 2005

Page 5

Tradition

NCO shares stories of living AF heritage, moments spent with past, present leaders

By Master Sgt. Robert Hughes
52nd Logistics Readiness Squadron

I was very fortunate and privileged to wit-
ness living Air Force heritage last month while
being a part of a time-honored traditions that are
truly unique opportunities for Air Force mem-
bers.

The first opportunity arose from an open
invitation to attend a breakfast with two former
Chief Master Sergeants of the Air Force, retired
Chief Master Sgts. Paul Airey and Sam Parish.

When the dictionary defines heritage as
“something transmitted by or acquired from a
predecessor,” it most assuredly is referring to
these men and the Air Force they helped estab-
lish for us today.

They, as well as 12 others, through their
deeds and actions, helped shape who we are and
the opportunity to sit down with these gentlemen
is a privilege that is slowly slipping away.

One only needs to open the promotion fitness
examination and view the page containing Chief
Airey’s picture to understand the frailty of
human existence and the lost potential to interact
with those who have come before us.

What is truly amazing is that they don’t pass
the torch to us through great inspiring speeches,
theatrics or well thought out words of wisdom.

**One only needs to open the
promotion fitness examination
and view the page containing
Chief Airey’s picture to under-
stand the frailty of human exist-
ence and the lost potential to
interact with those who have
come before us.**

They simply allow us to see that ordinary
men and women can make a difference for all
who are willing to follow when they make a
commitment.

This is their heritage, this is our heritage and
this is the Air Force heritage. It is something we
must all embrace if we are to shape the Air
Force of tomorrow.

Order of the Sword

The second opportunity was an open invita-
tion to attend the “Order of the Sword” induc-
tion for General Robert H. “Doc” Fogelsong.

It was an evening steeped in tradition that in-
stilled a sense of pride in all who attended.

Seldom does the enlisted corps open its arms

Spangdahlem History

Retired colonel recollects his time at Spangdahlem

*Editors note: The following is an excerpt of a
letter that retired Col. Chester “Soapy” Walborn
wrote to Col. David Goldfein, 52nd Fighter Wing
commander, in response to Col. Goldfein’s invita-
tion to the Eifel Reunion, September 16-18. Mr.
Walborn is a former squadron engineering officer,
flight examiner, and maintenance flight tester who
served with the 1st Tactical Reconnaissance
Squadron from 1954 to 1957.*

When I got there in November, 1954, the 10th
Tactical Reconnaissance Wing owned the base. We
had four reconnaissance squadrons.

I was in the 1st Tactical Reconnaissance Squa-
dron which had 38 RB-26s, four TB-26s (which
were dual control, hard nose .50 caliber birds that
we used for training and check rides) and four T-
33s.

We mapped the mid-east over to the Afghan
and Pakistani border including Iran, Iraq, Saudi
Arabia and the entire Arabian Peninsula, Egypt,
Libya, Tunisia, Morocco, Turkey, the Italian and
Yugoslavian border around Trieste, the inner Ger-
man border and all of Denmark, Norway, Ireland,
Scotland and Wales.

I think I went on all of the deployments which
in the mid-east were damned hard living, mostly
in tents eating horrid dry K-rations.

We could not go anywhere by ourselves, but I
got about 4,000 hours in 33 months.

We did a great job of mapping with an old

unheated, unpressurized, hot, cold, noisy airplane
whose combat mission was night photography,
taking marvelous pictures from 2,500 feet using
M-112 photoflash cartridges for illumination (10
million candlepower each, and we carried 104).

We all acted cool, but I always suspected that
coming down Prague Ruyzine at 2,500 feet
straight and level at 2 a.m. might be hazardous to
the health.

We swapped the RB-26s for RB-57As, also
night photo, but with 48 M-112 photo flash car-
tridges and 24 M-112 photo flash bombs (seven
billion candlepower which we could drop from
50,000 feet and get a picture that would show a
golf ball on a green).

I also thought that straight and level at 50,000
feet at .8 mach over airbases in East Germany
might not be a lot of fun.

We swapped them in for RB-66Cs during the
last part of my tour. The RB-66 was a horrid photo
bird because you could not see out of it at all.

Navigation was with six-year-old technology,
the APS-27 radar with no computer or auto pilot
tie-in.

I had a great tour, and came home with a wonder-
ful feel for the geography of the area.

The other three squadrons in the 10th TRW were
the 32nd TRS, 38th TRS and 42nd TRS. The 32nd and
38th each had 24 RF-80Cs which flew final at 115
knots and had a mission of day photo reconnaissance.

so formally to embrace the officers appointed
over it.

The rarity of such an event is only eclipsed by
the chance to attend such an affair.

During this ceremony when an officer stands
up to accept the sword as General Foglesong did,
it validates and reaffirms the importance of the
enlisted force to the defense of freedom.

I will never forget standing in line behind a
young airman first class waiting to receive my
commemorative coin from General Fogelsong
and hearing the brief conversation between them.

The Airman shook the general’s hand and
said, “Sir, this is the first one of these I’ve ever
attended.”

The general in a very quiet and humble tone
remarked, “This is my first time too.”

Imagine that: a four-star general with 33 years
of service and a young airman with perhaps two
years of service sharing an Air Force first.

I encourage everyone to take advantage of
these opportunities when they arise.

I’m sure you will develop memories of an
Air Force career that will last a lifetime.

They swapped them in for RF-84Fs which gave
us a lot of problems because it flew final at 170
knots and took so much runway, both on takeoff
and landing due to the swept wing, much heavier
gross weight and higher takeoff and landing
speeds.

It weighed about 30,000 pounds and had 7,280
pounds of thrust.

Our 8,000-foot runway really shrunk when we
got the 84F.

The two day squadrons then got RF-101s that
stayed in the inventory through most of Vietnam.

The fourth squadron was the 42nd TRS which
had a weather recon and electronic warfare mis-
sion.

They had B-26s with bathtubs hanging all over
them. They did a very important job even in ’54-
’57.

They replaced the B-26 with about 12 WB-66
and 12 EB-66 aircraft which also served through-
out the Vietnam War.

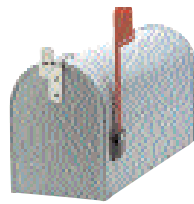
The reason we went through so many aircraft
series was that someone would come up with an
improvement in engine thrust, or an airframe with
better performance (or both) and we would go
after it.

That all changed with the F-15 and F-16. I had
a marvelous tour there. God bless you all.



Community Mailbox

Submit "Community Mailbox" advertisements 10 days before the desired publication date to publicity@spangdahlem.af.mil.



Cub Scout volunteerism

Spangdahlem AB Cub Scout Pack 165 seeks adult volunteer leaders. Without such help, the pack will have to disband until a leader is available. Call Chuck Ciranni at 06562-974740 or Senior Master Sgt. Kevin Kolva at 452-6016 for details.

BHS open house

Parents of Bitburg High School students are invited to the school's open house Wednesday from 4-6 p.m. The event features visits with teachers, classes and information about programs and curriculum.

SSEMC news

- ♦ The Spangdahlem Spouses and Enlisted Military Club general membership meeting takes place Wednesday at 6 p.m. in the Spangdahlem Village Town Hall, located in the Gelindahaus near the fire station. For details, call 06575-901785 or e-mail craig.sweeney@spangdahlem.af.mil.
- ♦ A family bowling club outing takes place Sept. 24 from 2-6 p.m. in Eifel Lanes Bowling Center. For details, call 06561-947639 or e-mail bertke96@hotmail.com.

Civil Air Patrol

The Spangdahlem Civil Air Patrol Squadron hosts an open house Thursday from 6-8 p.m. at the Bitburg Annex, building 2012. Teens and adults are invited to attend this hands-on informational meeting. To learn more about aerospace education, emergency services, drill and ceremony, as well as pilot training, check out the Web site at cap.gov or call Karyn Kamizer at 06561-694-882 or e-mail her at civilair.patrol@spangdahlem.af.mil.

SES PTSA meeting

Spangdahlem Elementary School's Parent, Teacher and Student Association general membership meeting takes place Thursday at 6 p.m. in the school multipurpose room. Topics include volunteer opportunities and upcoming school events.

Romance seminars

Love and romance enhancement seminars take place Thursday at noon in building 139. Topics include forgiveness, resolving disagreements, commitment, communication and enduring

deployments. Call 452-6422 or e-mail lynn.lauria@spangdahlem.af.mil.

Film processing special

Double-print Saturday is offered Sept. 17 from 10 a.m. to 6:30 p.m. at Movie Express on Spangdahlem AB. Drop off film and get double prints for free. Limit of five rolls per customer.

JAM! Oktoberfest trip

JAM! bus trip to Oktoberfest Sept. 24. Cost is \$55. Pick up at building 125 at 1 a.m. and travel back to Spangdahlem AB at 6 p.m.

DoDEA STOMP

The Department of Defense Education Activity offers STOMP: Specialized Training of Military Parents Sept. 19-20 from 8 a.m. to 4 p.m. in Club Eifel. The two-day conference shares information on resources for parents of children with disabilities. Topics include communication strategies, TRI-CARE, federal laws regarding the education of students with disabilities and more. Call 06565-958238 or e-mail laura.butler@spangdahlem.af.mil for more information.

Family programs

Family advocacy offers the following classes and programs. Call 452-8279 for details or to register.

- ♦ Walking Club -- Tuesdays at 9 a.m. from Spangdahlem AB housing building 409, and Thursdays at 9 a.m. from Bitburg Annex building 2012.
- ♦ Caring for Kids Through Divorce -- Sept. 19 from 1-3 p.m. in Spangdahlem AB building 161.
- ♦ Anger Management -- four consecutive Tuesdays, starting Tuesday from 9-10:30 a.m. in Spangdahlem AB building 161.
- ♦ Passport to Parenthood -- Sept. 21 from 1-4 p.m. in the Bitburg Annex Family Support Center, building 2001.
- ♦ Breastfeeding Pump Program; call for details.
- ♦ Preschool playgroups meet temporarily each Tuesday from 10 a.m. to noon at the Spangdahlem AB playground located across from building 409 or in building 139 during inclement weather.

A playgroup also meets each Thursday from 10 a.m. to noon in the Bitburg Annex building 2012 family room.

Dad's playgroups

Fathers of preschoolers are encouraged to bring their toddlers to a playgroup each Wednesday from 10 a.m. to noon in the Bitburg Annex building 2012 family room. Call 452-8279 to confirm meetings.

Child Find

Spangdahlem Elementary School holds Child Find screenings Sept. 23 for children ages 3-4 who are suspected of having developmental delays in language, social, motor, cognitive and self-help skills. Screenings are for children whose parents reside on Spangdahlem AB. Call 452-6881 to register or for more information.

English lessons

English as a Second Language classes take place each Monday and Wednesday from Sept. 26-Nov. 9 in Bitburg Annex building 2012. Cost is \$60 for the class and \$20 for the book. For course times and registration, call 452-7381.

Cinnabon hours

Cinnabon has changed its hours to Monday-Friday from 7 a.m. to 1 p.m.

Tops in Blue giveaway

Visit www.topsinblue.com and Share the Music for an Air Force-sanctioned five-question survey about Tops in Blue advertising and performances.

WIC Overseas

The Women, Infants and Children Overseas Office is open Monday through Friday from 8 a.m. to 4:30 p.m. in Bitburg Annex building 2002, room 209. WIC-O serves women, infants and children up to age five who are at nutritional risk by providing nutritious foods to supplement diets. Call 452-9093 for more information.

Volunteers needed

Coordinators of the Eifel Holiday Bazaar community fundraiser, which takes place Nov. 18-20, seek volunteers in a variety of capacities. For details or to register, e-mail iwanttovolunteer@hotmail.com.

Chapel Services

Spangdahlem AB

Catholic Mass

- ♦ Saturday, 5 p.m.
 - ♦ Sunday, 8:30 a.m.
 - ♦ Sunday, religious education, 9:45 a.m. (building 139)
 - ♦ Monday - Thursday, 11:45 a.m.
- #### Protestant
- ♦ Sunday, 10:30 a.m., traditional service
 - ♦ Sunday, 1 p.m., Korean service
 - ♦ Sunday, 5 p.m., Sunday Night Live service

Bitburg Annex

Catholic Mass

- ♦ Sunday, 11:30 a.m.
 - ♦ Monday, 8:30 a.m.
- #### Protestant
- ♦ Sunday, 8:15 a.m., Liturgical; 9:30 a.m., Contemporary; 1 p.m., Gospel Service

For more information about Jewish, Islamic, Rite of Christian Initiation for Adults or other faith needs, call the chapel at 452-6711/6281.

What's happening at Club Eifel this week?

MONGOLIAN BBQ

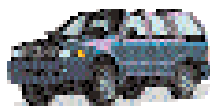
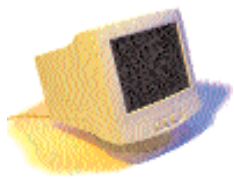
Thursday,
Sept 15th
5-8 p.m.



IT WILL "STIR UP" ALL IDEAS YOU EVER HAD ABOUT ASIAN CUISINE.

Club Eifel Members: 50¢ per oz.
Nonmembers: add \$3 to the total cost
All children 5 and under eat FREE!

Get as much or as little as you like. Select from a wide variety of meats and vegetables, add sauces and watch the chefs stir fry it to perfection. We even include the fortune cookie... and we'll serve your meal on a plate, not in a cardboard box. It's a fun dining experience you'll want to enjoy again and again.



Der Markt

Free classifieds policy and submission deadlines

Der Markt is for the personal resale of items by military and civilian employees and their families. Items such as advertisements for rental property won't be published due to funded paper restraints. Ads should be 35 words or less and customers are limited to no more than two ads per week. Ads must be typed or printed legibly and turned into the public affairs office, building 23, at least **10 days before the desired date of publication**. Ads can also be e-mailed to publicity@spangdahlem.af.mil or sent via fax to 452-5254. Having ads in by deadline does not guarantee publication. Ads for services generating regular income will not be published. The ads must include the sponsor's name and telephone number. Ads not meeting these requirements, including those exceeding the designated word limits, will not be printed. The *Eifel Times* staff reserves the right to edit ads.

Movies

The following movie listings are for today through Sept. 15. Times and movies are subject to change. For current information, call 06565-61-9441 or 452-9441. Movie synopses are available at www.aafes.com/ems/default.asp.

Spangdahlem Skyline

Today

Dark Water (PG-13, 7 p.m.)

A mother and daughter, still wounded from a bitter custody dispute, hole up in a run-down apartment building. Adding further drama to their plight, they are targeted by the ghost of a former resident.

Stealth (PG-13, 9:30 p.m.)

Deeply ensconced in a top-secret military program, three pilots struggle to bring an artificial intelligence program under control ... before it initiates the next world war.

Saturday

Rebound (PG, 7 p.m.)

An acclaimed college hoops coach is demoted to a junior varsity team after a public meltdown.

Dark Water (9:30 p.m.)

Sunday

Rebound (4 p.m.)

Stealth (7 p.m.)

Monday

Dark Water (7 p.m.)

Tuesday

Stealth (7 p.m.)

Closed Wednesday and Thursday

Bitburg Castle

Today

The Island (PG-13, 7 p.m.)

A man goes on the run after he discovers that he is actually a "harvested being," and is being kept along with others in a utopian facility.

War of the Worlds (PG-13, 9:30 p.m.)

As Earth is invaded by alien-tripod fighting machines, one family fights for survival.

Saturday

Bewitched (PG-13, 7 p.m.)

A producer remaking the classic sitcom "Bewitched" unknowingly casts an actual witch for the lead role.

The Island (9:30 p.m.)

Sunday

Herbie: Fully Loaded (G, 4 p.m.)

Maggie Peyton, the new owner of Number 53 -- the free-wheelin' Volkswagen bug with a mind of its own -- puts the car through its paces on the road to becoming a NASCAR competitor.

War of the Worlds (7 p.m.)

Closed Monday and Tuesday

Wednesday

Bewitched (7 p.m.)

Thursday

The Island (7 p.m.)

Rapunzel's castle in the Eifel?

Local, historical monuments open to public this weekend

By Iris Reiff

52nd Fighter Wing Public Affairs Office

Castles in the local area range from a few crumbling walls to those that have been restored and are being used as hotels or museums. This Sunday, many historical buildings and monuments in the local area, many of them privately owned and normally closed off to the public, will be open for sightseeing.

The closest, privately-owned castle to the base is the Bruch Castle, located on the L-50 to Wittlich, outside the community of Bruch.

Rumor has it that the Bruch castle is the castle where Rapunzel was imprisoned by her father. According to German officials, the castle used to be a "water castle," meaning that at one time it was surrounded by water to help keep enemies out. Today there are two towers but originally there were seven.

While castle hunting in the area, be careful as some are still used for private residences, such as the Bruch castle.

This Sunday the Foerscher family, owners of Bruch Castle, will welcome guests and will provide tours in the German language at 11 a.m., 2 p.m. and 4 p.m. The Foerschers have owned the castle since 1995 and have restored it under historical preservation laws.

The inner courtyard provides a wonderful and romantic view of all facilities of the Vorburg part of the castle. Most rooms inside the castle were restored in a modern way and serve as living facilities or for commercial use.

A chapel on the southwest side of the main house and the tower are open for public sightseeing.

A small bed and breakfast hotel can be found inside the castle. For more information, go to www.burg-bruch.de.

Sunday is "Open Day of Historical Monuments." Art, such as acrylic paintings, sculptures and other exhibitions will be available to visitors. The Bruch Music Association will entertain from 12:30 to 2 p.m. with jazz tunes by Wolfgang Kernbach and Band following from 2:30 to 4 p.m.



Courtesy photo

Bruch castle, located near Wittlich, is normally closed to the public, but will be open for viewing Sunday.

Food and beverages will be available.

For more information about the Bruch castle, how it is used and what will be available Sunday, contact Dr. Bernhard and Dr. Ingrid Forschner at 06578-1620 or e-mail info@burg-bruch.de.

Other castles and historical monuments throughout the country will be open for sightseeing Sunday as well.

Castles that have been restored usually require a small entrance fee, however, if the castle is state-owned, discounts are available.

Facilities which are open to the public all the time and located within two hours of the base are the Manderscheid Castles, Burg Landshut in Bernkastel, Burg Ramstein outside of Kordel, Castles Stolzenfels and Ehrenbreitstein near Koblenz, Burg Ehrenburg near Brodenbach, Burg Eltz near Mueden, Burg Pymont near Burg Eltz and Burg Cochem.



Out and About



(Editor's note: Event dates and times are subject to change.)

♦ Wine festivals are scheduled **today** through **Sunday** in Traben-Trarbach, in

the villages of Wintrich, Zeltingen-Rachtig and Schweich.

♦ Sample wines **Saturday** and **Sunday** during the Reil Ess & Wein im

Sekt-Weingut Nalbach event.

♦ Get ready for the Bad Duerkheim Sausage and Wine Festival **today** through **Tuesday** and **Sept. 16-19**. This is a popular festival, attracting people from all over the globe. The traditional sausage market is considered the world's greatest wine festival.

♦ An exhibition of Christian icons from the National Museum of Belgrade is available for viewing now through **Thursday** at the Himmerod Abbey.

♦ A great public wine probe is scheduled **Sept. 16** in Zell.

♦ Visit the 29th Koblenz Schaengel market **Sept. 16-18** in Koblenz.

♦ St. Goar Rhine Aflame features a wine festival **Sept. 17**.

Information, Tickets and Travel tours: Oktoberfest Express, **Sept. 17**; Rhein in Flames, **Sept. 17**; Oktoberfest -- one overnight, **Sept. 17-18**; Six Flags Holland, **Sept. 18**; Oktoberfest Express, **Sept. 24**; Cochem Medieval Dinner, **Sept. 24**; Best of Paris -- one overnight, **Sept. 24-25**. For details, call ITT at 452-6567.

♦ More wine sampling is possible **Sept. 30** through **Oct. 1** at the annual Ellenz-Potersdorf wine street festival.

♦ Bernkastel-Kues is hosting the annual Saint Michael's festival **Sept. 30** through **Oct. 3**.



Courtesy photo

Sunday shoppers

Many stores in Wittlich will be open Sunday from 1-6 p.m. There will also be an open-air market along the pedestrian zone where vendors will be selling homemade crafts, food, beverages, gifts, household goods and clothes. A large-scale car exhibition will also take place, showcasing the newest car models of the season. This takes place in the Rommelsbach parking lot.

Need to power up PT scores?

Circuit training pushes major muscles to limit



Above: Circuit training instructors don't only coach class participants through the various exercises, they lead by example. Staff Sgt. Max Pontenila, top, 52nd Services Squadron fitness and sports specialist, muscles through a minute of side planks along with his class. Side planks is only one of the many exercises the NCO uses to strengthen the obliques, back and mid-section. "The class changes all the time to challenge particular body parts with a variety of sit-ups, push-ups, and cardiovascular exercises," said Sergeant Pontenila. Right: Senior Airman Shaquana Robert, 52nd Services Squadron flight kitchen shift leader, curls her legs up and exercises her lower abdominal muscles by doing an assisted version of a reverse crunch. When the NCO's legs reach the straight up position, Staff Sgt. Michelle Preston, 52nd Medical Group emergency medical technician, pushes the legs back down to encourage Airman Robert to power through another crunch.



Photos by Staff Sgt. Jennifer Lindsey

Capt. Ed Pires, 81st Fighter Squadron intelligence chief, concentrates on supporting his body through an exercise called "planks" during a recent circuit training class at the Spangdahlem AB fitness center. Planks work the core muscle groups -- the abdominals and back. Circuit training is more than an aerobics class. Compared to the aerobics classes offered at the center, circuit training is lower intensity with a focus on strengthening the major muscle groups: arms, chest, abdominals and legs, to improve physical training scores.



Staff Sgt. Jennifer Grant, center, and her 14-year-old son Robert, front, stretch to warm up their leg and back muscles before beginning calisthenics. It was the first time the 52nd Equipment Maintenance Squadron phase dock supply NCOIC and her son participated in the class. "It's better than working out on the treadmill or bikes in the gym," she said. "I just find that boring." The base fitness center offers the class each Monday and Wednesday from 3:30-4:30 p.m. throughout September. When the weather becomes increasingly inclement, the center plans to offer circuit training classes more often because it meets mandatory structured physical training requirements.

Sports Briefs

Gym closed

The Spangdahlem AB fitness center gymnasium is closed from Sept. 21-23 for Tops in Blue set-up and performance. The men's and women's VIP shower and locker rooms, racquetball courts, and aerobics and conference rooms will be closed Sept. 22 through Sept. 23 at 4:30 p.m.

Go fishing

Outdoor Recreation offers the following fishing trips. Call 452-7170 for more information or to register.

- ♦ North Sea fishing, Sept. 25, weather permitting. Cost is \$125.
- ♦ Baltic deep sea fishing, Oct. 1-2. Cost is \$140.
- ♦ North Sea fishing, weather permitting, Oct. 15. Cost is \$125.

Personal trainers

Make a commitment to get in shape by hiring a personal trainer from the Skelton Memorial Fitness Center. Rates start at \$35 an hour or people can pay \$25 per hour when they purchase 10-session packages. For more information, call Suzanne Mann at 06565-933682 or Anna Strickland at 0173-670-3841.

Wanted: Barons football game volunteers

The Bitburg High School Barons football team needs volunteers for their upcoming home games Sept. 17, Oct. 8 and Oct. 15. Volunteers are needed for chain and down markers, to run the clock and to manage the scoreboard. For more information, call coach Mike Laue at 452-9202.

HAWC shoe clinic

The health and wellness center holds a shoe clinic Sept. 15 from 3-4 p.m. and Sept. 22 from 11 a.m. to noon. The class explains the importance of proper shoes for runners, running techniques, prevention of running-based injuries and one-on-one shoe and foot analysis. For more information, call the HAWC at 452-4295.

Martial arts

♦ Kuk Sool Won covers Asian fighting techniques and body conditioning, as well as mental development and traditional weapons training. Classes are held Mondays and Wednesdays from 6-8 p.m., and Fridays from 5-7 p.m. in the Spangdahlem AB Fitness Center. For details, call Sean Heard at 452-6193.

- ♦ New location: An Aikido class takes place at the

Spangdahlem AB Fitness Center Tuesdays and Thursdays at 6 p.m. The instructor is Brent Silva. Call the fitness center at 452-6634 for more information.

Tai Chi classes

The health and wellness center offers Tai Chi Quan classes Mondays and Wednesdays from noon to 1 p.m. in the HAWC yoga room. Tai Chi is for people interested in inward martial arts, meditation in movement and relaxation. For details, call Klaus van den Boom at 452-7233.

Fitness equipment training

Training classes for the proper use of fitness equipment in the Spangdahlem AB fitness center take place Fridays at 9 a.m. free of charge. Call 452-6634 for details.

Youth bowling league

Registration for the 2005/2006 Youth Bowling League takes place now through the end of September. The league is available for children ages 6-18, and takes place at the Spangdahlem AB bowling alley. Participants can earn individual awards, patches, trophies and scholarships. For details, call Tech. Sgt. John Barber at 452-4747.